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**[www.co.grant.wi.gov](http://www.co.grant.wi.gov)**  
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## **Attention parents, grandparents and caregivers of infants**

If you are a parent, grandparent, caregiver or sibling of an infant and are between the ages of 11 and 64 you qualify for a free Tdap (tetanus shot that also protects against whooping cough or pertussis).

Did you know 1/3 of all babies get whooping cough from their mothers? There is a safe and effective shot that can protect you, your family and your baby. The shot is Tdap. It is recommended for everyone ages 11-64 years old, especially those that are caregivers of an infant. It is also recommended that new mothers get the Tdap vaccination to protect themselves from whooping cough and reduce the risk for exposing their infants to the disease.

Adults can contract pertussis and unknowingly pass it on to others, including babies, who have the most serious complications and highest death rates from the disease. Children are typically immunized against pertussis, but are not fully protected until after receiving three or four doses of the vaccine. Immunity from the childhood pertussis vaccine wears off over time in adults, and, unfortunately, most are not aware they need to get an adult pertussis booster.

While whooping cough is often mistaken for a common cold or bronchitis in adults, it can be potentially deadly in infants. Adults who received vaccinations when they were children may mistakenly believe that they are still protected, but immunity wears off over five to 10 years, leaving them vulnerable to contracting and spreading the disease.

The Grant County Health Department offers the Tdap shot for free. For more information call 723-6416.



## **Parenting Newsletter Website** **UW-Extension**

Parenting newsletters are available free of charge online. These are an excellent list of resources available FREE OF CHARGE on the web. The UW-Extension Parenting Newsletter website is: <http://www.uwex.edu/ces/flp/parenting>



- Preparing for Parent
- Parenting the First Year
- Parenting the Second and Third Year
- Parenting the Pre-Schooler
- Parenting the Unique Child
- Parenting the Future Readers
- Family Keys; Teaching Self-Care Skills to Our Children
- Parenting Your School-Age Child
- Parenting Your Teenager

## **Websites**

Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website at [www.dhfs.wisconsin.gov/wir](http://www.dhfs.wisconsin.gov/wir) for information on your immunizations.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Keeping Your Child Home from School

Most parents have had to decide whether or not to keep their child home from school due to illness. In general, you should keep your child home from school if they have:

- Fever- A fever in combination with an earache, headache, irritability or confusion. A fever is defined as having a temperature of 100 degrees F or higher taken under the arm, 101 degrees if taken orally or 102 if taken rectally.
  - Vomiting or diarrhea
  - Body rash with a fever
  - Sore throat with swollen glands or fever
  - Eye discharge- thick mucous or pus draining from an eye or pink eyes (After a diagnosis of pink eye caused by bacteria, the child needs to stay home until they have been on antibiotics for 24 hours AND symptoms have improved. For pink eye caused by a virus, children need to stay home until symptoms improve.)
  - Yellowish eyes or skin
  - Chickenpox- until all sores are scabbed over
- Head lice- Must stay out of school until treated. This includes removing nits and the child changing into clean clothes.

If you can see that they are in general not feeling well, extremely tired/fatigued or other conditions that will keep them from learning at school.



## Fruit and Veggies – More Matters Month

Every September, Fruit and Veggies – More Matters Month promotes the health benefits of eating fruit and vegetables. Fruit and vegetables are an important part of a healthy diet that can help protect you from:

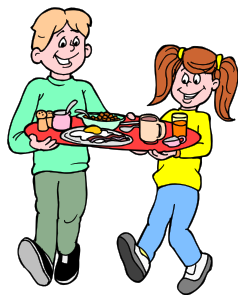
- Heart disease
- Bone loss
- Type 2 diabetes
- High blood pressure
- Some cancers, such as colorectal cancer

Check out [MyPyramid.gov](http://MyPyramid.gov) to find out how many servings of fruit and vegetables you need based on your age, weight, level of physical activity, and gender.



## Would You Like to Save Hundreds of Dollars?

The National School Lunch and Breakfast Programs offer healthy and nutritious school meals to children. The programs are designed to give families on tight budgets assistance with paying for school meals.



The same meals offered to children through the free or reduced meal programs are offered to children who purchase meals at the full price. Children who qualify for free or reduced price meals are not singled out or publicly identified in any way.

Besides the nutritional and economic benefits, school meals can improve your child's attention and test scores, and reduce their illnesses and absences. The school district can qualify for certain government grants for all students, based on the results of the forms submitted by parents.

For families qualifying for reduced price meals, the cost is only 30¢ for breakfast and 40¢ for lunch, adding up to **hundreds** of dollars in savings over the 9-month school year. Information is sent to parents before the start of every school year, but parents can apply anytime during the school year.

Contact your school office or UW-Extension's Nutrition Education Program at 723-2125 for more information.



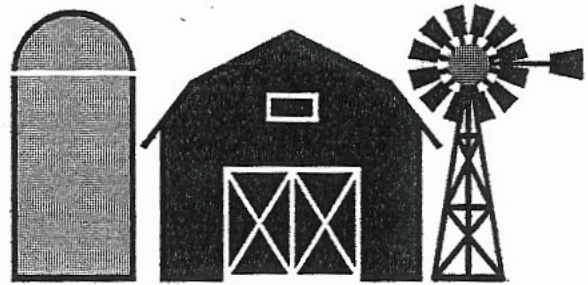
## National Farm Safety and Health Week September 19-25<sup>th</sup>

Harvest time is a primary revenue time on many farms and is also one of the peak periods for farm injuries and deaths. Follow the tips below to make this harvest safe.

- Follow safe work practices all the time and set a good example for others.
- Be physically and mentally fit before operating equipment. Fatigue, stress and worry can distract you from safely operating equipment. Take frequent breaks.
- Pay attention to all safety information. Read operator's manual and warning decals.
- Inspect the equipment and correct any hazards before operating.
- Identify hazardous areas on equipment and make sure you stay away from moving parts. Beware of pinch points, shear points, wrap points, pull-in areas, thrown objects, crush points, stored energy hazards and freewheeling parts.
- Make sure everyone who operates the equipment has the appropriate training and is physically able to operate it safely.
- Shut down equipment, turn off the engine, remove key and wait for moving parts to stop before dismounting equipment.
- Keep bystanders and others away from equipment operation area. Do not allow "extra riders", especially children.

### Inspect before harvest:

- Are PTO shields in place?
- Are guards and shields in place?
- Are safety locks operational?
- Are there any leaks in hydraulics?
- Is reflective "Slow Moving Vehicle" sign in place?
- Are lights working properly?
- Is a 20 lb. "ABC" fire extinguisher in place



Source: Education Center for Agricultural Safety (NECAS) – [www.necasag.org](http://www.necasag.org) or 888-844-6322

## September is National Cholesterol Education Month,

*A good time to get your blood cholesterol checked and take steps to lower it if it is high!*

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

### How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. Adults aged 20 years or older should have their cholesterol checked every 5 years.



### If you have high cholesterol, what can you do to lower it?

You can lower your cholesterol levels through lifestyle changes

- Choose low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

Your doctor may prescribe medications to treat your high cholesterol.

## Stay Ahead of Head Lice

Watch for signs of head lice, such as frequent head scratching. Anyone can get head lice... mainly by head-to-head contact but also from sharing hats, brushes and headrests. Lice do not jump or fly.

Check all family members for lice and nits frequently. Only those infested should be treated. Lice are reddish-brown wingless insects, nits are grayish-white, always oval shaped, and are glued at an angle to the side of the hair shaft. Be sure not to confuse nits with hair debris such as bright irregularly shaped clumps of dandruff stuck to the hair shaft or elongated segments of dandruff encircling the hair shaft and easily dislodged. Lice treatment is not appropriate for hair debris.



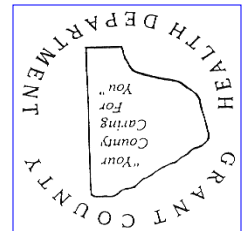
Consult your pharmacist or physician before applying or using lice treatment pesticides when the person involved is pregnant, nursing, has allergies, asthma, epilepsy, has pre-existing medical conditions, or has lice or nits in the eyebrows or eyelashes. Never use a pesticide on or near the eyes.

Remember, all lice-killing products are pesticides. If you choose to purchase an over-the-counter treatment, follow the directions carefully and use with caution. If the product fails, do not switch to other over-the-counter treatments or use any prescription products as a "last resort". This can be potentially harmful. Manual Removal is the safe alternative and a necessary component to any head lice treatment regimen. Follow package directions carefully. Use the product over the sink, not in the tub or shower. Always keep the eyes covered.

Remove all nits. This assures total lice treatment. Separate hair in sections and remove all attached nits with the NPA's LiceMeister® comb, baby safety scissors, or your fingernails.

Wash bedding and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot water (not boiling) for 10 minutes. Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and car seats.

Notify your child's school, camp, child care provider. Source: Headlice.org



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